



AUTUMN PUMPKIN PIE has the added delicate flavor of fresh orange. Top it with a slice of sharp cheese and you have a favored fall dessert.

## Beef Comes to Table as Hearty Stew

One simple way to bring beef to the table is via a hearty stew. Today's suggestion is barbecue-flavored and made extra-hearty with canned kidney beans.

Accompany it with a mixed green salad and follow with a warm-from-the-oven apple pie.

Dredge two pounds of stew meat in seasoned flour. Brown lightly in two tablespoons hot fat in heavy pan.

Add 1 cup thinly sliced onions and one minced clove garlic and continue to saute until onions and beef are golden.

Add one eight-ounce can tomato sauce, one teaspoon paprika, one and one-half teaspoons salt, two tablespoons vinegar, one tablespoon Worcestershire sauce and a dash of hot pepper sauce.

Drain a one-pound can kidney beans and add enough water to the bean liquid to make one and one-half cups. Add this liquid to the meat mixture.

Cover tightly and simmer, stirring occasionally for one and one-half hours or until meat is tender. Add more water, if needed.

Add drained beans and one-half cup celery. Simmer until celery is just tender and mixture is heated through. If desired, thicken with flour-water paste. Makes four to six servings.



GO OFF on a tangent with these sandwiches called Wing Dings. Familiar ingredients combine to make an exotic food. Served on Wonder Bread, toasted, they make a conversation piece of good eating. Bread, the staff of life is filled with nutrients and builds the body a dozen ways.

## Wonder Wing Dings Are Hostess' Delight

Familiar foods served in exotic fashion are the dream of every hostess.

When she can reach to her pantry shelf for ingredients and from their combination make a conversation piece, the homemaker has "arrived."

Try these Wonder Wing Dings for such a dish.

These delightful sandwiches are made on famous Wonder Soft Whirled Bread—that bread which gives you a dozen different food elements essential to good growth and sound body development.

New Wonder Soft Whirled Bread has no holes and a perfect texture. Prove to yourself its superiority by seeing, feeling and tasting the difference.

You will discover that every slice has that famous flavor that has made Wonder Bread a favorite everywhere.

### WING DINGS

- 2 tbs. cooking oil
- 1 cup chopped onions
- 1 cup chopped celery
- 1 clove garlic, minced
- 1 tsp. curry powder
- 1 pint water
- ½ tsp. poppy seeds

- 1 stick cinnamon
- 2 bay leaves
- 3 cloves
- ½ tsp. salt
- 1 can (1 lb.) salmon
- 1½ tbs. cornstarch
- 2 tbs. cold water
- 8 slices Wonder Soft Whirled Bread

Heat oil in saucepan and saute onions, celery, garlic and curry powder for 5 minutes or until onion is transparent.

Add water and seasonings; cover and simmer for 15 minutes. Add salmon liquid and salmon, flaked. Bring to boil.

Stir in cornstarch mixed with cold water. Cook, stirring for 3 minutes. Remove bay leaf and cinnamon.

Toast 2 slices bread per serving. Cut one in half. Insert toothpick in each cut half and arrange like wings on each whole toast slice.

Drain curry mixture and put spoonfuls between the wings. Top with chopped hard cooked egg (2 eggs for 4 servings) mixed with ¼ large green pepper, diced.

Serve sauce on the side.

## GIVE CHILDREN FAVORED PROTEIN

Serve meaty breakfasts to the children, and you'll know that they have a good start each day.

Meat not only makes a notable contribution of top-quality protein, but it also furnishes important amounts of B vitamins.

Crisp-cooked bacon — the kind they can pick up with their fingers — makes a hit with children.

Well-browned sausage links, drier beef in cream sauce, miniature hamburgers, thin slices of pan-broiled cooked ham and Canadian-style bacon are some of the meats that appeal to children for breakfast.

For easy spreading, add a bit of honey to cream cheese. Try it on Date Nut Bread, as sweet sandwich or dessert.



## Oranges Complete Favored Fall Dessert

Pumpkin pie is a favorite for fall!

Here's a new pumpkin pie recipe combining the ingredients for a traditional filling with deliciously sweet oranges.

In an electric blender, the goodness of the whole orange is blended until smooth and then added to the spicy pumpkin filling.

Oranges bring out the delicate pumpkin flavor and add

a freshness so welcome for fall meal planning. This is a recipe to remember and to look forward to using now that summer has faded and autumn is in the air.

For special party fare, serve this pie topped with wedge-shaped slices of sharp cheese.

### PUMPKIN PIE

- 2 medium oranges, peeled, cut into pieces
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- 1 tsp. cinnamon
- ½ tsp. salt
- 1½ cups evaporated milk
- 3 eggs, beaten
- 1 cup firmly packed brown sugar
- 1½ cups canned pumpkin
- 1 unbaked 9-inch shell

Place orange pieces in electric blender; add spices, salt and half the evaporated milk. Blend on low speed until orange is smooth and well blended.

In a bowl, combine remaining evaporated milk, beaten eggs, brown sugar, pumpkin and blended orange mixture, stirring until well mixed.

Pour into unbaked pie shell. Cover pastry edging with strip of aluminum foil to prevent over-browning.

Bake at 425 degrees for 15 minutes; reduce heat and bake at 350 degrees for 30 to 40 minutes or until pie is done. Remove from oven and cool on rack.



When the day is cool and baking is in order, try these cookies as a fancy treat for all the family.

### LINZER COOKIES

- ½ cup butter
- ½ cup granulated sugar
- 1 egg
- 1 tsp. vanilla
- ¼ tsp. almond extract
- ½ tsp. salt
- 1½ cups sifted cake flour
- ¼ cup fine dry bread crumbs
- 1 cup very finely ground blanched almonds
- Confectioners' sugar
- ¼ cup red raspberry jam

Sift ground almonds to remove any large pieces.

Cream butter until softened. Gradually add granulated sugar and continue creaming until light and fluffy. Add egg and beat well.

Stir in flavorings and salt. Add flour, bread crumbs and almonds; stir until well blended.

Roll out half of the dough 1/16-inch thick on board that has been lightly floured and then sprinkled with granulated sugar. Cut into round cookies using 3¼-inch scalloped cutter.

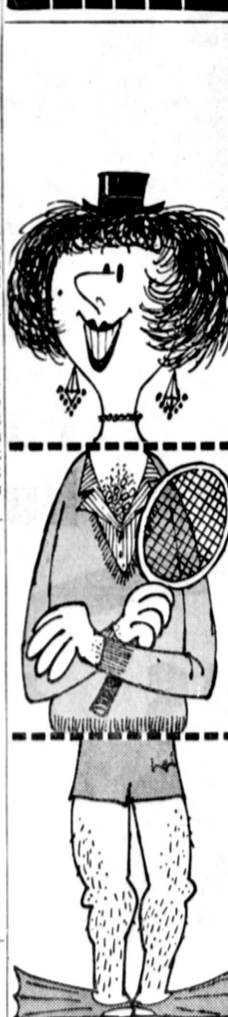
Cut a hole in center of half the cookies, using a plain 1½-inch round cutter.

Roll and cut remaining dough in same way.

Place cookies on lightly greased baking sheet. Bake at 375 about seven minutes. Remove from sheet and cool on racks.

Sift confectioners' sugar on cookies with a hole in the center. Spread about one tablespoon jam over the bottom of the whole cookies. Center sugar-sprinkled cookies over jam cookies; press together.

Makes one dozen cookies.



## WASTE NO MEAT

Force all meat out of the meat grinder by running two crackers through grinder at the last. Then mix the crumbs with the meat. They will not affect the flavor of the meat no matter how the meat is to be used.



More kinds of more people listen most to **KMPC** dial **710**

## Bright & Beautiful

That's the five luscious fruits of canned fruit cocktail from California, combined with Royal's new Spiced Pear Gelatin. Spoon 'em into a dessert glass — a layer of chilled gelatin, a layer of drained fruit cocktail, a layer of gelatin and so on. See how the whole thing sparkles and shimmers. Bright and beautiful, and that's how you'll feel when you serve it.

50100 PEACH ADVISORY BOARD CALIFORNIA CANNING PEACH GROWERS

# MAKE THE TRIPLE TEST

between WONDER and any other bread



**SEE**

the difference

**FEEL**

the difference

**TASTE**

the difference

## New WONDER "Soft Whirled" Has No Holes-Perfect Texture

Prove it to yourself. Serve your family the bread that has a difference you can see... a difference you can feel... and a difference you can taste. Wonder "Soft Whirled" has perfect texture—has no holes. And every slice has that famous flavor that has made Wonder a favorite all over the country. Get new Wonder "Soft Whirled" Bread today and make the triple test yourself.

©1964, CONTINENTAL BAKING COMPANY, Incorporated



Helps Build Strong Bodies 12 Ways!